

milks, nutritional shakes, "GATORADE® /TANG® /KOOL-AID®" products, gelatins, custards, puddings, and pet food). Fiber-water can be consumed in the frozen state either indirectly by adding it to a beverage as a cube or crushed "ice", or directly by licking a frozen "POPSICLE®" product). Fiber-water is safe water fiber enriched intending to be a replacement and/or adjunct to other water to ensure proper hydration while at the same time provide significant soluble fiber. Depending on the soluble fiber(s) used, and the user's individual metabolism, the invention is non-caloric or extremely low in calories. The soluble fiber(s) used are proven to moderate the postprandial rise in blood glucose (diabetes), address weight loss (obesity), lower serum cholesterol level (cardiovascular/heart), and address constipation and bowel regularity (colon cancer).

IN THE CLAIMS:

Please amend claims as follows:

sub BW 1. (Once Amended) A water-like fluid for consumption by humans
and animals comprising:
between 0.1% and 10% by weight water-soluble indigestible fiber; and
[naturally occurring] safe water, wherein fewer than 10 calories per 100
ml is metabolized by a human when consuming the water-like fluid
and wherein the water-like fluid contains less than 500 mg./l of
soluble salts.

sub BW 5. (Once Amended) The water-like fluid of Claim 1, wherein the
water-soluble indigestible fiber and [naturally occurring] water form an optically clear
solution.

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6. (Once Amended) A water-like fluid for consumption by humans

2 and animals comprising:

3 between 0.1% and 10% by weight water-soluble indigestible fiber selected
4 from the group consisting of dextrins, maltodextrins,
5 galactomannans, cellulose ethers, inulin, alginates, agar,
6 carrageenan, psyllium, guar gum, gum traganth, gum karya, gum
7 ghatti, gum acacia, gum arabic, partially hydrolyzed products
8 thereof and mixtures thereof; and9 [naturally occurring] safe water, wherein the naturally occurring water and
10 the water-soluble indigestible fiber form an optically clear
11 solution, wherein fewer than 10 calories per 100 ml are
12 metabolized by a human when consuming the water-like fluid [,
13 and wherein the water-like fluid contains less than 500 mg./l of
14 soluble salts].

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9. (Once Amended) A water-like fluid comprising for consumption

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by humans and animals:

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between 0.1% and 10% by weight water-soluble indigestible fiber selected

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from the group consisting of dextrins, maltodextrins, inulin, guar

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gum, partially hydrolyzed products thereof and mixtures thereof;

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and

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[naturally occurring] safe water, wherein the naturally occurring water and

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the water-soluble indigestible fiber form an optically clear

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solution, wherein fewer than 10 calories per 100 ml are

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metabolized by a human when consuming the water-like fluid [,

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and wherein the water-like fluid contains less than 500 mg/l of

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soluble salts].

Please add new drafted Claims 12-45 as follows:

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12. The water-like fluid of Claim 1, wherein said water-soluble fiber is

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selected to satisfy simultaneously both hydration requirements and fiber requirements

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when consumed.

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13. The water-like fluid of Claim 1, wherein addition of said water-

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soluble fiber does not alter clarity of the water.

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1 14. The water-like fluid of Claim 1 formulated for managing
2 constipation.

1 15. A method of managing bowel regularity comprising the step of
2 ingesting a quantity of the water-like fluid of Claim 1.

1 16. A method of managing hemorrhoids comprising the step of
2 ingesting a quantity of the water-like fluid of Claim 1.

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1 17. A method of avoiding assimilation of toxic bowel compounds
2 comprising the step of ingesting a quantity of the water-like fluid of Claim 1.

1 18. The water-like fluid of Claim 1 formulated for management of
2 diabetes.

1 19. The water-like fluid of Claim 1 formulated for management of
2 obesity.

1 20. The water-like fluid of Claim 1 formulated for appetite suppression.

1 21. The water-like fluid of Claim 1 formulated for lowering serum
2 cholesterol levels.

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1 22. The water-like fluid of Claim 2, wherein the soluble food grade
2 color acts as an indicator of a type of the water-soluble indigestible fiber contained in the
3 water-like fluid.

1 23. The water-like fluid of Claim 6, wherein the water-like fluid
2 contains fewer than 500 mg/l of soluble salts.

1 24. The water-like fluid of Claim 6, wherein said water-soluble fiber is
2 selected to satisfy both hydration requirements and fiber requirements when consumed.

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1 25. The water-like fluid of Claim 6, wherein addition of said water-
2 soluble fiber does not alter clarity of the water.

1 26. The water-like fluid of Claim 6 formulated for managing
2 constipation.

1 27. A method of managing bowel regularity comprising the step of
2 ingesting a quantity of the water-like fluid of Claim 6.

1 28. A method of managing hemorrhoids comprising the step of
2 ingesting a quantity of the water-like fluid of Claim 6.

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1 29. A method of avoiding assimilation of toxic bowel compounds
2 comprising the step of ingesting a quantity of the water-like fluid of Claim 6.

1 30. The water-like fluid of Claim 6 formulated for management of
2 diabetes.

1 31. The water-like fluid of Claim 6 formulated for appetite suppression.

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1 32. The water-like fluid of Claim 6 formulated for management of
2 obesity.

1 33. The water-like fluid of Claim 6 formulated for managing serum
2 cholesterol levels.

1 34. The water-like fluid of Claim 10, wherein the soluble food grade
2 color acts as an indicator of a type of the water-soluble indigestible fiber contained in the
3 water-like fluid.

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35. A water-like fluid for consumption by humans and animals comprising:
between 0.1% and 10% by weight water-soluble indigestible fiber; and safe water, wherein fewer than 10 calories per 100 ml is metabolized by a human when consuming the water-like fluid.

36. The water-like fluid of Claim 35, wherein said water-soluble fiber is selected to satisfy simultaneously both hydration requirements and fiber requirements when consumed.

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37. The water-like fluid of Claim 35, wherein addition of said water-soluble fiber does not alter clarity of the water.

38. The water-like fluid of Claim 35 formulated for management of constipation.

39. A method of managing bowel regularity comprising the step of ingesting a quantity of the water-like fluid of Claim 35.

40. A method of managing hemorrhoids comprising the step of ingesting a quantity of the water-like fluid of Claim 35.

Sub B1 1 41. A method of avoiding assimilation of toxic bowel compounds
2 comprising the step of ingesting a quantity of the water-like fluid of Claim 35.

1 42. The water-like fluid of Claim 35 formulated for management of
2 diabetes.

1 43. The water-like fluid of Claim 35 formulated for management of
2 obesity.

1 44. The water-like fluid of Claim 35 formulated for appetite
2 suppression.

1 45. The water-like fluid of Claim 35 formulated for managing serum
2 cholesterol levels.